



Republic of the Philippines  
**Department of Education**  
REGION III  
SCHOOLS DIVISION OFFICE OF BATAAN

**DIVISION MEMORANDUM**

No. 283, s. 2025

JUL 09 2025

**MENTAL HEALTH AWARENESS: PROMOTING WELL-BEING AND  
RESILIENCE-PROGRAM IMPLEMENTATION REVIEW  
FOR SCHOOL HEALTH AND NUTRITION STAFF**

To: Assistant Schools Division Superintendent  
Chief Education Supervisors  
Education Program Supervisors  
Public Schools District Supervisors  
Public Elementary and Secondary School Heads  
All Others Concerned

1. This Office informs all concerned that the School Health and Nutrition (SHN) Unit, SDO Bataan, will conduct a Seminar-Workshop titled **"Mental Health Awareness: Promoting Well-being and Resilience-Program Implementation Review for School Health and Nutrition Staff"** on July 10-11, 2025 at the Mansion Garden Hotel, Bonifacio St, Subic Bay Freeport Zone, Zambales.
2. The objectives of this activity are as follows:
  - to know that mental health matters just as much as physical health;
  - to understand that it's okay to not be okay and that they are never alone;
  - to learn how to take care of themselves in small, consistent ways; and
  - to find strength in their community and recognize their ability to bounce back from challenges.
3. Participants to this activity are the following:

Name	Designation	Office
1. Carolina S. Violeta EdD, ESO V	SDS	OSDS
2. Armando C. Capili, EdD	ASDS	OSDS
3. Ramon C. Perez	SGOD-CHIEF	SGOD
4. Wilfredo Jr. D. Santos	ADA I	SHN
5. Mharlon B. Ramos	ADA I	SHN
6. Angelica V. Pantaleon	ADAS III	SHN
7. Ma Lourdes DJ Gabaya	Nurse II	SHN
8. Emily P. Cantillano	Nurse II	SHN





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9. Michelle V. Villaflores	Nurse II	SHN
10. Maria Bernadette A. Compañero	Nurse II	SHN
11. Nona R. Mayoralgo	Nurse II	SHN
12. Catherine D. Reyes	Nurse II	SHN
13. Rowena S. Vanadero	Nurse II	SHN
14. Irene A. Velasco	Nurse II	SHN
15. Lalaine M. Navata	Nurse II	SHN
16. Leslie L. de Jesus	Nurse II	SHN
17. Larah May Dela Rosa	Nurse II	SHN
18. Nerissa Valenzuela	Nurse II	SHN
19. Maria Lourdes M. Cruz	Nurse II	SHN
20. Joseph Sandy Santiago	Nurse II	SHN
21. Ma. Arnie Reyes	Nurse II	SHN
22. Annie Serrano	Nurse I	SHN
23. Rina D. Esconde	Nurse I	SHN
24. Allen Fe L. Garcia	Nurse I	SHN
25. Michelle Calma	Nurse I	SHN
26. Katrina B. Lacson	Nurse I	SHN
27. Bernadeth D. Halili	Nurse I	SHN
28. Monette G. Alba	Nurse I	SHN
29. Darlene T. Teodoro	Nurse I	SHN
30. Veronica L. Hacinas	Nurse I	SHN
31. Beverly Reyes	Nurse I	SHN
32. Princess Emil Sotto	Nurse I	SHN
33. Rea Fatima D. Chico	Nurse I	SHN
34. Marlene Joy Aguanta	Nurse I	SHN
35. Juan Rafael Alberto Q. Tuazon	Nurse I	SHN
36. Jennifer M. Alip, DMD	Dentist II	SHN
37. Richelda H. Lucas, DMD	Dentist II	SHN
38. Maritess T. Sinio	Dental Aide	SHN
39. Jhonny J. Santos	Dental Aide	SHN
40. Mary Ann T. De Guzman	Dental Aide	SHN
41. Margaritte Nicole B. Guzman	Nutritionist	
42. Roberto B. Luneta, MD	Speaker	
43. Maria Lourdes L. Evangelista, MD, FPPA	Speaker	Psychiatrist



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44. Noel M. Laxamana, MD, FPAFP, FRSPH, DPCOM	Speaker	Medical Specialist IV
45. Nicko Manalansan	TWG ICT	ICT
46. Francez Paulene Likwong	TWG – EPS II SMNE	SGOD

4. Enclosed in this Memorandum is a copy of the Training Matrix.
5. Expenses for the meals and accommodation of the participants shall be charged against the School Governance and Operations Division MOOE funds.
6. This Memorandum shall serve as the Travel Authority of the participants.
7. Immediate and wide dissemination of this Memorandum is desired.

  
**CAROLINA S. VIOLETA, EdD, CESO V**  
Schools Division Superintendent 

Encl. as stated  
Reference: as stated  
To be indicated in the Perpetual Index  
Under the following subjects:  
MENTAL HEALTH AWARENESS  
SEMINAR-WORKSHOP  
SCHOOL HEALTH AND NUTRITION

SO12/WJDS  
JULY 7, 2025 